



# Hme Matters



The newsletter for The Royal Cambridge Home

**Good things coming our way – January 2022**

*Celebrating inclusiveness in all that we do*

## Notes from the Chairman

**Robert Dowler, Chairman**

I guess that the vast majority of people, when asked what they thought of 2021 as the year draws to a close, would have very little in terms of compliments to pay. It has been a year of uncertainty and difficulty in so many respects with hopes raised and hopes dashed, plans made and plans having to be abandoned as we struggle to master the twists and turns of a virus which seems intent on outwitting us. But at least Christmas was allowed to be enjoyed in a rather more normal way than in the previous year and I hope that you were able to take advantage. As always our grateful thanks go to all the staff who were looking after and entertaining our residents over the holiday period.



So can we be optimistic about 2022? Covid will most certainly still be with us but hopefully the greater understanding of its consequences will enable us to cope better with those and look forward to progressing plans which have had to be put on hold.

In relation to our project it was with a sense of relief that the last date for submission of an application for the judicial review of the terms of the Planning Inspector's decision passed by with no such submission. We now wait a short while to assess how the market is moving in the world of construction and when the time is right tenders will be invited from contractors with a view to starting work. Planning this is already involving work by the directors and Rory and his team and this will increase as time passes but our fervent wish is to see the scheme move from the drawing board (or clever computer design programme) to bricks and mortar. Its been a long time but will be worth the wait.

In the meantime, on behalf of the trustees, we wish you and your families and friends a happy, enjoyable and prosperous New Year. **Robert Dowler, Chairman - January 2022**



Major Phil & The Band

## Fantastic Festivities

As usual, December went in an absolute whirl of festive delights. We kicked off the month with our Christmas Party in the lounge with our friends of The Royal Hospital Chelsea In Pensioners' Band. They provided the background music and set the scene for a fun afternoon (and we sang!). Thank you again to Major Phil and all the band.

Next up, we hopped on the minibus and off we went to watch the ice skating at Hampton Court. We kept warm with the help of hot chocolates and marshmallows. A very enjoyable experience and the palace looked spectacular.



Hilikka, Janet, Vicky & Joyce (whilst behind two young amateur skaters do a very unusual routine)

We had another lovely trip out on the minibus to see some of the Christmas lights in London, departing late afternoon. Danny drove the bus and we literally sat back and enjoyed a very festive twinkling scene. Lovely. We had a final stop off at McDonald's for a takeaway supper before heading home.

On another day we had an un-festive, but nonetheless incredible visit from Zoolab, who brought

along some of their exotic creatures they look after. We counted the legs on a giant tropical millipede, we watched a rainforest giant snail crawl ever so slowly and were mesmerized by the beautiful sand snake we could hold. All in all a memorable morning.

As we approached the big day, Gay held her Christmas Eve Carol Concert in the lounge to get us all in the mood. The staff choir, cobbled together on the day, proved to be a surprising success....yes, success. We were quite good actually. We await that call from Gareth Malone!

## Fundraising

Well, what can we say, except a huge thank you to Gay and all the volunteers who assisted with our stall at Magical Molesey this Christmas. The team raised an astounding £404.70. This is impressive, as the prizes on the stall were mainly staff donations. Thank you everyone. The money raised has gone into the residents' entertainment fund.



All aboard, as the team head off to London for the lights



The staff choir gather

## Welcome

We welcomed back Sally, who is here for a period of respite. We are so pleased she is back with us as she fitted in so well and we all enjoy her company.





## PJ Day - Lavinia, Esme and Audrey looking glam



### What's coming up?

After the fun of December we will be taking a foot ever so slightly off the gas. Please refer to our January diary. We will be booking up a couple of sessions with Liliana, our florist and of course there will be impromptu trips out on the minibus, plus walks over to the river on nice days for coffee and cake.

Key dates to note:

- ♥ Residents' Meeting – Thursday 13<sup>th</sup> January at 11.00am in the Dining Room
- ♥ Stella, The Chiropodist – Monday 24<sup>th</sup> January

### A message from Rory, Registered Home Manager

I would like to thank all The Royal Cambridge staff, who have literally gone above and beyond during the last year. For all those visitors to the Home, I think you will all agree the atmosphere here is always so cheerful and friendly and I thank each and everyone for their tremendous dedication.

Thanks also go out to all our relatives and friends who visit regularly, who have complied so willingly with our often-challenging Covid restrictions. Between us all we have achieved a remarkable outcome in that the Home has remained a safe and homely residence.

I very much look forward to 2022, the New Year will certainly bring about a well-deserved change as we all look towards the start of our long-awaited redevelopment.

Thank you Everyone for your support of this very special place we call home.

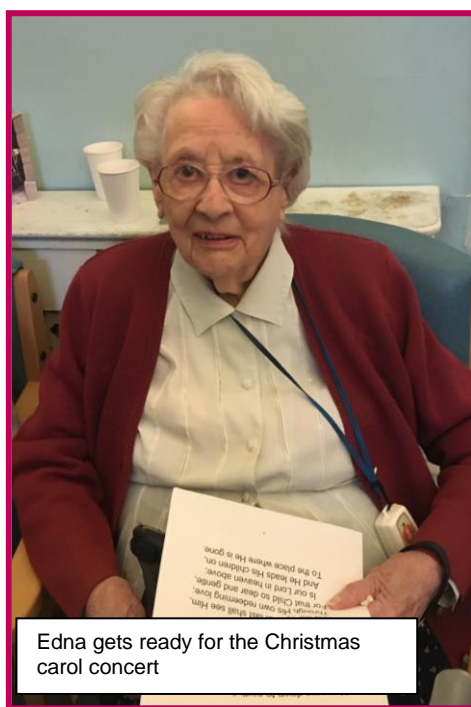
Wishing all our residents, families, friends, staff and trustees a happy and healthy 2022.







Diana enjoys the visit from Zoolab with a friendly looking lizard



Edna gets ready for the Christmas carol concert



A stunned Sue in her Christmas socks and exceptionally short legs (Sue normally wears stilts).





Cliff

## The Year

by Emma Wheeler Wilcox

What can be said in New Year rhymes,  
That's not been said a thousand times?  
The new years come, the old years go,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.

We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo, we wed,  
We laugh, we weep, we hope, we fear,  
And that's the burden of the year.

## Happy New Year Everyone – here's to a bright 2022



### Social Media

Follow us on Instagram and Twitter for all the latest photos and news as well as our website  
[www.royalcambridgehome.org](http://www.royalcambridgehome.org)

### Useful Telephone Contacts

*Welcoming everyone, regardless of disability, pregnancy, age, sex, gender reassignment, marital status, race, sexual orientation or religion*

**The Care Quality Commission (CQC)** – 03000 616161  
**LGBTQ+** (Lesbians, Gays, Bisexuals, Transgender, Queer (or sometimes questioning) and others) **Switchboard** – 0300 330 0630  
**Citizens Advice Bureau** – 01932 248660  
**Alzheimer's Society** – 01372 729988  
**Safeguarding Advisor** – 07968 834157  
**Mental Health Services** – 01372 203400

*A more extensive list of our local advocacy services is in the hallway and main office should you need them.*

# January Diary 2022

January	Morning	Afternoon
Saturday 1		
Sunday 2		
Monday 3	10.30am – Gentle Exercise & Relaxation	2.30pm – Board Games
Tuesday 4	10.30am – Activity Table	2.30pm – Quiz & Poetry
Wednesday 5	10.30am – Keep Fit with scarfs	2.30pm – Jigsaw
Thursday 6	10.30am – Skittles	2.30pm – Memory Tray
Friday 7	<b>Grace, the hairdresser</b> 10.30am – Hand Massages	2.30pm – Friday Bingo
Saturday 8		
Sunday 9		
Monday 10	10.30am – Gentle Exercises & Relaxation	2.30pm – Quiz & Poetry
Tuesday 11	10.30am – Sing-along	2.30pm – I Spy Bottle
Wednesday 12	10.30am – Keep Fit with tins	2.30pm – Jigsaw
Thursday 13	<b>11.00am – Residents' Meeting</b>	2.30pm – Board Games
Friday 14	<b>Grace, the hairdresser</b> 10.30am - Games	2.30pm – Friday Bingo
Saturday 15		
Sunday 16		
Monday 17	10.30am – Gentle Exercise & Relaxation	2.30pm – Board Games
Tuesday 18	10.30am – Knitting Club	2.30pm – What's In The Bag?
Wednesday 19	10.30am – Keep Fit to music	2.30pm – Hand Massages
Thursday 20	10.30am – Horse Shoe Game	2.30pm – Bird Feeders
Friday 21	<b>Grace, the hairdresser</b> 10.30am – Seated Netball	2.30pm – Friday Bingo
Saturday 22		
Sunday 23		
Monday 24	<b>AM – Stella, the chiropodist</b> 10.30am – Start the Week with News	2.30pm – Activity Table
Tuesday 25	10.30am – Quiz Ball	2.30pm – Board Games
Wednesday 26	10.30am – Keep Fit with balls	2.30pm – Jigsaw
Thursday 27	10.30am – Skittles	2.30pm – Quiz & Poetry
Friday 28	<b>Grace, the hairdresser</b> 10.30am – Baking with Gay	2.30pm – Friday Bingo
Saturday 29		
Sunday 30		
Monday 31	10.30am – Gentle Exercises	2.30pm – Quiz & Poetry

*Please note, all activities may be subject to last minute changes and the great British weather. If you would like anything included or suggestions for forthcoming activities, please do let us know and we will see what we can do!*